

2010 MORGAN HILL GET FIT

Fitness Fair and Open House



**Inside the Centennial Recreation Center
9:00am to 12noon - October 16, 2010**

FUN

- SUPER SPORTS CHALLENGE
- DOUBLE DUTCH JUMP ROPE
- LIVE DJ
- FACE PAINTING
- BALLOON ANIMALS

FITNESS

- BODY FAT TESTING
- ASK THE PERSONAL TRAINER
- FITNESS FACTS
- PUSHUP AND SITUP CHALLENGE
- ZUMBA



FAMILY

- HEALTHY COOKING FOR KIDS
- MUSIC AND MOVEMENT CLASSES AND GAMES
- RAFFLE AND PRIZES
- MEET OUR RECREATION INSTRUCTORS
- BALLET & DANCE
- MUCH, MUCH MORE.....



Free Admission to the Centennial Recreation Center during the Event!

For more information call (408) 782-2128

5K Run at 8am & Family Fun Run at 9:30am

More Information Available online at www.mhcrc.com